

NOVEMBER 23 NEWSLETTER



Hibernation begins

Hello reader!

Although coming into the winter months you can find yourself hunkering down getting into a bit of hibernation, I have to say Active Recovery has been quite busy. This month we held our first reunion of members who have now left Active Recovery and finalised some plans for next year.



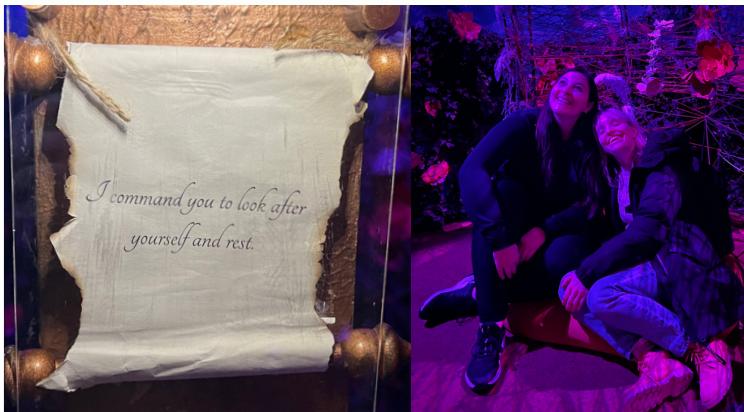
Other exciting news, is that we have been looking for volunteers to support the groups. This will mean we will be able to have a few more people to each session. Volunteering also gives our members the opportunity to come back and share their experience and learnings with new members, helping to maintain and nurture this lovely community we have.

Read more below to hear about what we have been doing. We hope you enjoy it, and as always, any suggestions are always welcomed!

Go well



What have we been doing?



Sadly we had to call off our foraging due to bad weather, however, we headed over to WAKE THE TIGER instead. We were so impressed with the design and thought gone into the space. We particularly liked this note,

'I command you to look after yourself and rest'

...so that's what Amy and I did!

The lovely Colin held the usual arts sessions at the Arnolfini. This week we were painting. Colin encouraged us to use a view finder, which is like an empty frame, for inspiration to select a section in a picture to focus on. We came up with so many different options. Some of us also just wanted to paint too which was brill! This was the first session we brought our giant colouring roll to use at the start of the sessions, as we know sometimes coming in and that expectation to talk can be tricky. It was lush to see everyone together working on this, and we hope to keep adding to it in future sessions!



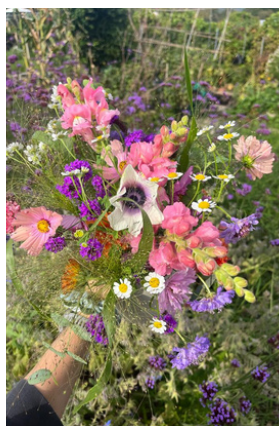
We recognise that when the 18 months of Active Recovery is completed, it can be a bit difficult to leave, especially as we are such a lovely little community. With this feedback from members, we held our first of two annual reunions. It was incredibly wholesome to hear how Active Recovery has helped our members, in their lives, but more so, it was very moving to hear how proud our members were of each other. Sat around a table reminiscing and catching up, we made terrariums and ate lunch. We can't wait for the next one and at some point you will have the opportunity to join in this with us :)



You told us you wanted to do activities which developed skills in travelling places. So, that's what we did on our train trip to Bath. We departed from Bristol Temple Meads all together, and once in Bath, headed to the Christmas Markets. I love Bath with the cobbled streets and beautiful cathedral. Did you know its only about an 11 min train journey from Bristol? It was VERY cold in Bath, so we took the opportunity to stop off and have some food at the famous Sally Lunn Buns!



What have the team been up to ?



Amy

I read [this article](https://tinyurl.com/2x66p5j2) recently and I thought it was quite beautiful and has Active Recovery vibes. What do you think? Here is a quote from it 'Mental health recovery is often a fine balancing act between pushing my limits to broaden my capacity and having compassion for myself, so taking steps back when needed. Somehow, that moment on the river was a beautiful mix of the two. I had battled to get there, had rallied against my fears, and I'd found a moment in nature that allowed me to care for myself, to let out some of the deep hurt I carry.'

<https://tinyurl.com/2x66p5j2>

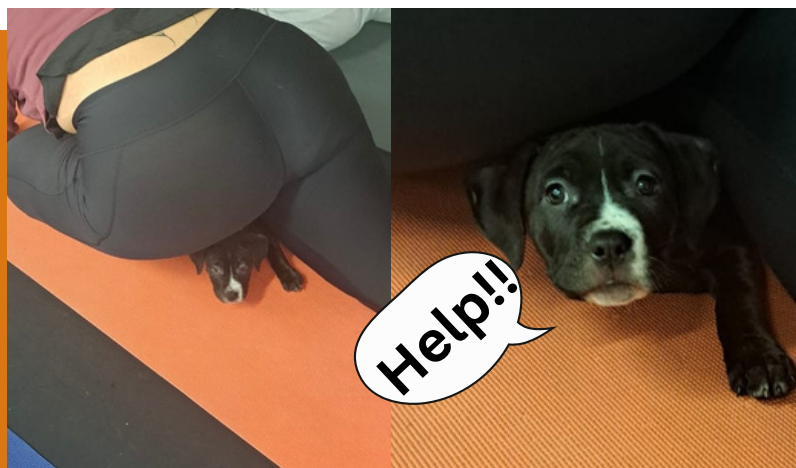
Winter is not my favourite season as I love being outside and in nature, and all my flowers are having their annual rest at the moment. I think of ways to get through the darker months and have been focussing on keeping active and am loving doing my rowing training sessions. Also trying to practice the art of rest too....



Victoria

The last of this years bush crafting took part at the end of this month. This training saw me whittling - learning the art of woodworking. It was VERY COLD in Staffordshire camping out, so I was very pleased to be around the fire carving. We made lots of different items including, spatular, spoon, key ring, whistle and ornamental candle. One thing I found so enjoyable, was the peace felt as we all rhythmically worked in silence, arund the fire on our items.

Every activity we do, we try out first, assessing how to make sure it can be tailoured to safely support the needs of our members and their growth and enjoyment. I felt very lucky trying out the puppy Yoga! To be honest, there was not must yoga-ing and more cuddles. We are excited to say we will be doing this next year! Here is a little picture of my experience (excuse the bottom) but felt it was a priceless pic! Disclaimer - no puppies were hurt in the making of this pic.



Feedback

Not sure about an activity?

Here is what some of our lovely members had to say about Active Recovery ...

"VERY WELCOMING ENVIRONMENT"

"ALL THE MEMBERS OF STAFF AT ACTIVE RECOVERY WERE SO GOOD AT TELLING US WHAT TO EXPECT AND WHAT THE SESSION INVOLVED, AND I'M REALLY GRATEFUL TO YOU ALL FOR THIS, MANY THANKS. :-)"



Activities with spaces in December

Sorry! All spaces for the rest of the year are booked up. But dates for next year have been sent out! Take a look in your spam/junk box if you have't seen them yet!

Did you know? Active Recovery Facts

Active Recovery is funded until 2025! Yes! That right we are funded for a while longer. We will be looking to get more funding so we can keep this service running!

To help this happen, when you receive a link asking for feedback, we always appreciate your thoughts. This is so we can help make important changes to the service AND importantly provide funders the evidence to continue the group.



Puzzles!

Did you know when we are struggling, it can help to engage in a range of distraction. We will add ideas each month for you to try if you need them or feel like trying them!

AUTUMN WORD SEARCH

Find All The Words!

X C Z B B V S M W P K M J W I C L U D S
A Y T X Q L B K H T A I N I A P Y M R F
X Q S O W F S G L U D A P P L E E O G D
B E E L O T D C T G A L F A G G K D H U
A Q V V P I S U D O J W O R C E R A C S
H B R I S K M R J G L A O A M W U B F F
D T A W G N I V I G S K N A H T T B X A
M E H M Q L P R K E L L L A B T O O F W
I G H H W G I Y I P L U F R O L O C A E
L Q G A V R E Y M L H G Y A G B O D F V
K P O K C P S R E S N N O V E M B E R B
Z X T Z R N E E W O L L A H L M V X L T
C I N X X D F Q P I E K A R E B O T C O
X L S Z I C T R A T Q N W Y A G Y A O P
S I F C H A Y H B I E G R F F U D Y R U
O M E A Y G B T F F E M E O Y J P X Q M
E C U G S V N R A C H W B K C M K Q L P
Z M G F J I C L L G W N Q E M L U O X K
T A S F P N L X P Y W U B J R W F E M I
L L O O C V R P Q Y V V X I B J T Y W N

APPLE
CIDER
CORN
HALLOWEEN
LEAF
PUMPKIN
SEPTEMBER



AUTUMN
COLORFUL
FALL
HARVEST
NOVEMBER
RAKE
THANKSGIVING




BRISK
COOL
FOOTBALL
HAY
OCTOBER
SCARECROW
TURKEY



You can get to the wordsearch page in this link, if you like to print off a bigger version.



<https://www.thriftymommastips.com/autumn-word-search/>

We would  to hear if you have suggestions for other puzzles too!

Thinking of joining us, like more information or have a suggestion?

CONTACT US ON:

activerecovery@southmeadproject.com

[Visit us](#) 



NOTICE BOARD

Events and things happening

We can't recommend, services or events but here are some you may want to look at

travelwest



Enjoy free travel on participating bus services on your birthday month.

Anyone from the age of 5 living in the West of England is now eligible to apply for free bus travel on participating services for the month their birthday falls in. All you have to do is apply at least 7 days before the first day of your birthday month. But you can still apply after that - right up to the 15th, and still get a pass for the rest of that month. The Birthday Bus Pass will then be delivered to you via post, to use during your birthday month. Don't delay, apply now!

Second Step Mental Health Organisation has been commissioned to take over the Bristol Sanctuary Service from 1st September 2023.

You can find a copy of our referral form on our website here - <https://www.second-step.co.uk/our-services/community-and-wellbeing/the-sanctuary-bristol/>

All completed referral forms are to be sent to Refer.sanctuary@nhs.net

The Contact number for the Sanctuary remains the same - 07709295661.

The Team will triage all referrals between 3 pm and 6 pm. Appointments will be booked for clients between 6 pm - 11 pm. We offer a range of telephone support appointments, Face-to-face support and Zoom. The service is open Thursday to Monday evenings, we are closed on Tuesday and Wednesday evenings.

We are contracted to offer night-by-night support. Unfortunately, we cannot pre-book appointments. For more information, feel free to contact me on [phone number]. My website contains a lot of supporting information. Also.

	Bristol Jan 2024	Taunton Jan 2024	South Gos 2024
Dates	Jan 9th - March 27th Tues/Weds 10am-1pm	Jan 9th - March 27th Tues/Weds 10am-1pm	Jan 9th - March 27th Tues/Weds 10am-1pm
Location	Bristol (Central location)	The Great Western Hotel Station Approach Taunton TA1 1QW	South Gloucestershire @ St Michael's Centre North Road, Stoke Gifford, Bristol, BS34 8PT
Training	5 weeks classroom based training PLUS home learning	5 weeks classroom based training PLUS home learning	5 weeks classroom based training PLUS home learning
Work Placement	4 week work placement (we recommend 3 days of 9.30-2.30pm Tues/Weds/Thurs)	4 week work placement (we recommend 3 days of 9.30-2.30pm Tues/Weds/Thurs)	4 week work placement (we recommend 3 days of 9.30-2.30pm Tues/Weds/Thurs)
Training	2 weeks wrap-up classroom based training PLUS home learning	2 weeks wrap-up classroom based training PLUS home learning	2 weeks wrap-up classroom based training PLUS home learning

Free 12 week part time programme

We are open to mums who are unemployed and are currently in receipt of Universal Credit (or comparable benefits).

Applications welcome from across Bristol and South Gloucestershire providing mums can get to St Michael's Centre, North Rd, Stoke Gifford, Bristol BS34 8PD for the training (expenses paid by the jobcentre)

If you have younger children the job centre should be able to help with additional childcare via the Flexible Support Fund. Speak to your job coach.

Travel expenses provided for the training and work placements

Mums can apply via our website
www.womensworklab.co.uk